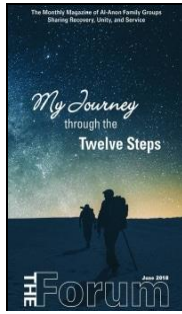


The Forum—Sharing Recovery, Unity, and Service for over 60 Years! How to Conduct a Writing Workshop Meeting



1. Offer a description such as:

Recovery is about tears and fears, joys and laughter. There are sorrows. There are miracles. There are setbacks and steps forward. Each stage of recovery has its own challenges. Whether a newcomer or a longtime member, everyone has something to share.

You don't have to have all the answers. Recovering from the effects of someone's drinking is a journey that is often confusing and painful. Just share from the heart. You don't have to be a professional writer. *The Forum* Staff will edit for grammar, punctuation, and spelling.

Writing for *The Forum* gives you the privacy and safety to take a close look at the really difficult issues we face in dealing with the effects of alcoholism. Intimacy problems, abuse, anxiety, and crises of faith are among the personal challenges that we face day-to-day as Al-Anon members. As we share, we learn about ourselves and realize that we are not alone.

It takes courage to write with complete honesty—but finding that courage is a step forward toward recovery—for you, as well as for those who read your sharing.

Many people refer to *The Forum* magazine as “The voice of the fellowship.” So let your voice be heard!

2. Ask everyone to use pen and white paper and to introduce themselves by first name and last initial, or Anonymous, and their home state or province. Ask them to write whatever they would share right now at a meeting if it was their turn to speak. Remind them that it is okay if they decide not to share. Let them write for 15 or 20 minutes. Inform them when they have five minutes left, and then when they have one minute.

3. Thank everyone for sharing. Ask them to write their full mailing address on their sharing so that they can receive a thank you and a complimentary copy of *The Forum* if their story is printed. Ask them to indicate on paper if it is okay for *The Forum* to consider their story for release on the Internet. Also, point out that their sharing becomes the property of AFG, Inc. once it is received; therefore, it cannot be submitted to publications outside of Al-Anon.

4. In the time that remains, invite members to share what they wrote or to relate any experience they have had with *The Forum*.

5. Mail the sharings to: *The Forum*, AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617.

Thank You!